

WHAT IS CLAIMED IS:

1. A nasal dilator apparatus, comprising:
 - an elongated band having a first end and a second end; and
 - a face pad connected to each of the first and second ends.
2. The apparatus as claimed in Claim 1 further comprising an adhesive portion connected to one end of each of the face pads.
3. The apparatus as claimed in Claim 2 further comprising a protective tab covering the each of the adhesive portions.
4. The apparatus as claimed in Claim 1 wherein each of the face pads comprises:
 - an upper strip having an inner surface; and

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a lower strip having an inner surface and connected to the upper strip, the inner surfaces being generally connected and opposed, wherein the upper and lower strips enclose an end of the band.

5. A nasal dilator kit, comprising:

an elongated head band adapted to generally wrap around a user's head, and fit above the user's ears;

a face pad connected to each end of the band, the face pad comprising:

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an upper planar strip and a lower planar strip, the strips enclosing an end of the band;

an adhesive portion connected to an end of the lower strip opposite the end of the lower strip connected to the end of the band; and

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a protective tab covering the adhesive portion, the tab being adapted to be removed from the adhesive portion and discarded, wherein the adhesive portion is adapted to connect to the face of the user.

6. A method of dilating nasal passages, comprising:

providing a first pad having an adhesive portion covered by a protective tab and

adapted to connect to a user's cheek;

providing a second pad having an adhesive portion covered by a protective tab and

adapted to connect to a user's other cheek adjacent the user's nose;

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providing a band connected between the pads and positioned around the user's head,

the band providing a tension force between the pads;

removing the tab on the first pad to expose the adhesive portion;

placing the adhesive portion of the first pad on one cheek adjacent the user's nose;

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providing a tension in the band;

placing the band in a desired location around the user's head;

removing the tab on the second pad to expose the adhesive portion; and

placing the adhesive portion of the second pad on the other cheek adjacent the user's nose.

7. A method of opening nasal passages to provide easier breathing through the nose, comprising providing a tangential force on a user's cheek skin on either side of the user's nose.